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RGU News Article

Date Posted: 24-Sep-2009

Valid Until: 24-Oct-2009

Balancing act: Physiotherapy taster class for the over-50s

As part of Aberdeen's 50+ Festival which continues until October 7, Robert Gordon University's School of Health Sciences is running a physiotherapy exercise session.

The event, taking place at RGU: SPORT tomorrow (25 September), will act as a taster session for those interested in joining the regular class which is run as a service to the over-60s community by students studying physiotherapy.



The three-week Festival taking place at venues across the North-east also includes events covering arts, gardening, food, beauty, tours, talks, music and sport. It has been organised by Aberdeen City Council.


Jennifer Duthie, Associate Head of the School of Health Sciences, who coordinates the student-led exercise programme, will be running the University's contribution to the Festival. She explained: "Physiotherapy exercises can help with stiffness, balance and general fitness. The physiotherapy classes we provide give our students the opportunity to understand how the body can change with age and what they can do as physiotherapy professionals to help counteract this.

"Robert Gordon University has a real interest in the health and wellbeing of the community and offering this service is both very rewarding and mutually beneficial. Participants enjoy the class but they also take on the role of educators, which is really worthwhile for our students."

Two sessions will take place on 25 September at 10am and 11am at RGU: SPORT. For more information, please contact Jill Adam on 01224 263252.

For more general details of the 50+ Festival, contact Alice Brooks, Events Officer at Aberdeen City Council on 01224 523913 or via email: abrooks@aberdeencity.gov.uk

Press Release

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